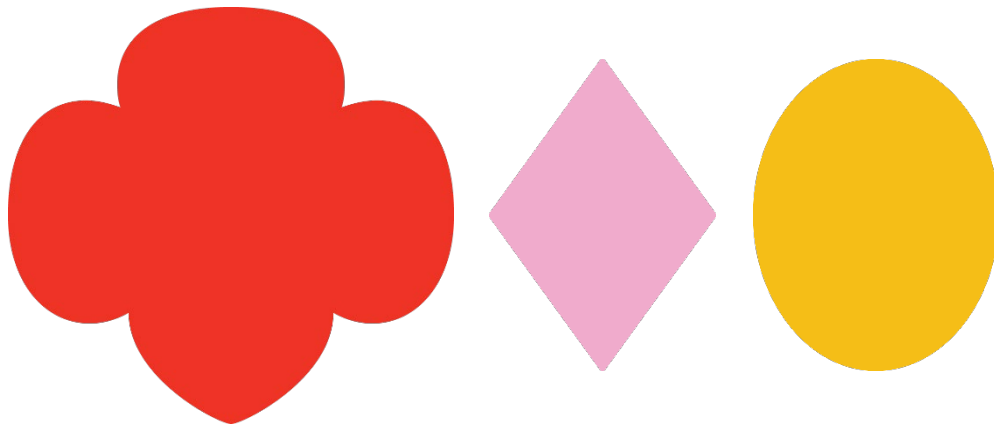


# Overnight Camp **FAMILY** **HANDBOOK**



[www.girlscoutsgwm.org](http://www.girlscoutsgwm.org) | 888-474-9686

**girl scouts**   
of the green and  
white mountains

Welcome!

We are so excited that your Girl Scout is joining us for a fantastic summer full of fun! Girl Scout camp is a wonderful way for them to make new friends, develop new skills, experience new activities and adventures, and create memories that will last a lifetime.

We encourage you to read the entire family handbook as it provides answers to frequently asked questions about camp, and includes required forms, information about daily routines, what to pack, and camper expectations. We are looking forward to partnering with you through your camper’s summer experience. If you have additional questions or concerns after reading this handbook, please contact our Customer Care team at 888-474-9686.

We are looking forward to an amazing summer at camp!

The GSGWM Girl Experience Team

### **Important Dates**

- Tuesday, March 31 ..... 2025 Cookie Program Credits *expire*
- Sunday, April 24 ..... Camp Farnsworth Open House 1:00-3:00 p.m.
- Beginning of May ..... Look for 2026 Cookie Program Credits to use for camp!
- Friday, May 15 ..... Financial aid application due
- Friday, May 15 ..... Trading Post pre-order closes
- Monday, June 1 ..... Camper paperwork due
- Monday, June 1 ..... Camp balances due for all programs starting in June and July
- Wednesday, July 1 ..... Camp balances due for all programs starting in August

### **Camp Photography**

Throughout the week, Camp photographers will take photos throughout the day and upload them to our photo albums on Waldo. There is an option to sign up and upload a photo of your camper to utilize the free photo matching service which will email your campers photos directly to you once they are uploaded.

To sign up for their service or to view all camp photos, text campfarnsworth26 to 735-343.

## **Camp Information**

### **Camp Address:**

Camp Farnsworth  
94 Camp Farnsworth Road  
Thetford Center, VT 05075

*Send mail to your camper:*

Camp Farnsworth  
Camper Name, Program Name  
94 Camp Farnsworth Road  
Thetford Center, VT 05075

**Pre-Season Phone Number:** 888-474-9686

**Camp Office Number (June 28 - August 5):** 802-785-2171

**Camp Director:** [Farnsworth@girlscoutsgwm.org](mailto:Farnsworth@girlscoutsgwm.org)

*Send email to your camper at:* [Farnsworthcamper@girlscoutsgwm.org](mailto:Farnsworthcamper@girlscoutsgwm.org)

**Website:** [www.girlscoutsgwm.org](http://www.girlscoutsgwm.org)

Visit camp during our Open House!

**Sunday, April 26, 1:00- 3:00 p.m.**

Register online for an Open House. Bring your family and explore camp; try some activities, ask questions about summer programs. Bring a picnic lunch to enjoy. Register at <http://www.girlscoutsgwm.org/camp>.  
It's free!

### **Directions to Camp:**

#### **From I-91**

Take exit 14 off I-91 for VT-13 toward US 5/Thetford.

Turn onto Rte. 113 toward Thetford Hill.

Follow 113 through Thetford, past the post office (on your right); continue down the steep hill.

Less than 1/2 mile past the elementary school and just past Mud Pond Road, turn right onto Camp Farnsworth Road by the large barn and Camp Farnsworth sign.

Bear left around the barn on our one-way road, where we will greet you.

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## **Registration and Payment Information**

All balances are due by June 1 for programs starting in June and July or July 1 for programs starting in August. You may view your camp balance and make payments online at any time by logging back into your myGS account. Families with outstanding balances after the balance due date may lose their spot at camp. Campers will not be permitted to attend camp if there is a balance due for any session.

### **Program Credits**

Program Credits may be used to pay for camp fees after the deposit has been paid. Unfortunately, refunds cannot be provided for Program Credits received after your final payment has been made. We only accept Program Credits earned by Girl Scout members of the Girl Scouts of the Green and White Mountains council. To apply for program credits when registering for camp: As you check out, look in included items, select “apply program credits,” then proceed to check out and pay the deposit with a credit card. Once registered, we will connect to confirm and process program credits to your camp balance.

### **Financial Assistance**

Camperships are available for up to one-half the cost of one summer camp program for qualifying campers who are members of the Girl Scouts and the Green and White Mountains council. You may apply for financial assistance for camp until May 15. To apply for a campership, register online for the program your camper would like to attend. Under included items, select “apply for financial aid,” then proceed to check out and pay the deposit with a credit card.

Upon selecting financial assistance and completing registration, a member of our council staff will reach out to you to determine eligibility and work with you through the rest of the process. To expedite this process, you may also fill out the [Financial Assistance Web Form](#) when you submit your order.

If you are unable to pay a deposit at time of registration, please start with the Financial Assistance web form.

Girl Scouts makes financial assistance available so that all youth may benefit from the camp experience. Financial assistance is for those whose caregivers could otherwise not afford the cost of camp. Girl Scouts is a nonprofit organization, and your donation qualifies for tax deduction. To donate to support children who need financial assistance, visit [www.girlscoutsgwm.org](http://www.girlscoutsgwm.org) and search for [Fund-a-Girl](#), or call 888-474-9686 and send your payment to:

Girl Scouts of the Green and White Mountains  
1 Commerce Drive  
Bedford, NH 03110

### **Changes and Cancellations**

If space is available, we are happy to help you accommodate changes to your schedule or changes to what your camper wants to do at camp! Just contact Customer Care at 888-474-9686 or [customercare@girlscoutsgwm](mailto:customercare@girlscoutsgwm), for support.

If you cancel a registration on or before Friday, May 22, 2026, program fees will be refunded (minus the \$100 per session deposit). After May 22, refunds of program fees (minus the \$100 per session deposit) may be made only for cancellations due to a camper illness verified in writing by a doctor, or a serious family emergency. Registrations are not transferable. No reduction in fees can be made for campers arriving late or leaving early for any reason, including campers who leave for disciplinary concerns. Pre-ordered T-shirts and trading post cards are non-refundable regardless of time or reason for cancellation.

# Our Camp Community

## Camper Code of Conduct

It is our goal to help your Girl Scouts build the courage, confidence, and character to take the lead and realize their full potential. To help strengthen this behavior in camp, we refer to the Girl Scout Promise and Law as our guiding principle:

### Girl Scout Promise

On my honor, I will try:

To serve God\* and my country,  
To help people at all times,  
and to live by the Girl Scout Law.

### Girl Scout Law

*I will do my best to be*

honest and fair,  
friendly and helpful,  
considerate and caring,  
courageous and strong, and  
responsible for what I say and do,

*and to*

respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place, and  
be a sister to every Girl Scout.

\*Members may substitute the for the word God in accordance with their own spiritual beliefs.

Community building is important to the growth of every camper. Our staff work to provide an inspiring and encouraging environment for all campers that is based on respect and the Girl Scout Promise and Law. We expect every person at camp to model these behaviors, follow camp rules, and act as a sister to all camp participants. All campers review our expectations and sign our code of conduct when filling out their camper paperwork.



Campers who cannot follow these standards will receive a reminder of expected camp behavior. The camper will then develop a plan for changing their behavior. Behavior consequences are progressive and may include dismissal from camp. Should the behavior occur again, the camper will create a behavior modification plan with input from staff and parents/guardians. Should behavior continue after the development of a behavior modification plan, dismissal from camp without a refund is a consequence.

## Camper Early Dismissal

Some actions are deemed to have a significant impact and will require immediate dismissal from camp without a refund. Physically and/or verbally abusive/harassing behavior, illegal drugs, marijuana, alcohol, tobacco, and clothing that promotes any of the above compromise our community and are not welcome at camp. Behaviors that are intentionally harmful, including, but not limited to, taunting, spreading rumors, excluding others from groups, endangering the safety

of any camper, and verbal or physical aggression toward staff, adults, or campers may result in immediate dismissal from camp.

### **Our Camp Staff**

Our camps offer a welcoming space for your camper to participate in camper-led activities while learning valuable life skills and creating long-term friendships. Our camp staff prides themselves on creating an environment in which campers are encouraged to discover the outdoors, explore new interests, and experience the fun of an empowering environment.

Members of our Camp Farnsworth team are selected from candidates all across the globe to help enrich your camper's experience. Our staff is a mix of Ambassador Girl Scouts, college students, college graduates, and camp professionals. All staff members go through an extensive hiring process including an interview, reference checks, and a criminal background check as we endeavor to hire the most qualified role models to work with our campers. Staff must meet ACA and Girl Scout Safety Activity Checkpoints requirements.

After being selected, our staff participate in training in child development, behavior and group management, abuse and neglect prevention, general camping skills, the values of Girl Scouting, curriculum planning and implementation, specific area responsibilities, and safety procedures. They are enthusiastic, excited to be at camp and ready to let campers lead the way in fun and adventure this summer! Most of all they embody the Girl Scout Promise and Law.

During staff training, each camp staff member may choose a "camp name." Camp names are nicknames used at Girl Scout camp for several reasons. A camp counselor is a unique position between big sister and authority figure; the camp name allows staff to create a memorable relationship with your camper distinguished from that of family, teachers, and other authority figures. It also keeps us from having two "Tonyas" or five "Amandas" on camp at one time. And lastly, camp names add to the "magic" of Girl Scout camp tradition that has been passed down for generations.



**Interested in joining the camp staff? Apply online at <https://bit.ly/3NIH8al>**

## **Preparing for camp**

We want your camper to have the best possible experience at Camp Farnsworth. We have found that when camp staff and parents/guardians work together, each camper gets the most out of their camp experience. You can help this process by:

- Involving your camper in the planning and preparation. Help them as they pack their own duffel bag or bin and roll their sleeping bag. Make sure everything is labeled with their name.
- Practicing having time away, like spending the night away from home for a sleepover with a relative, friend, or troop.
- Sending them a letter (like they'll get at camp) telling them about all the fun they can expect at camp. Let them write a postcard to you about what they hope they'll get to do at camp, or what they is nervous about.
- Talking openly about homesickness and developing a plan for what to do if they start to miss home. Great ideas include: thinking about the fun things they'll do the next day, hug their stuffy, write a postcard home about the best thing they did at camp, or ask a counselor for help.
- Avoiding promises that they can call home, or that you will come and get them. Encourage them to reach out to their counselor or another staff member if they are feeling sad, need support, or have any questions so our team can help them best support them..

It is typical for campers to experience some amounts of homesickness, whether it is their first time or fifteenth time away from home. Participating in an overnight camp experience is a profound developmental milestone to developing independence and resilience. While we keep campers very busy at camp, homesickness occurs most during transitions, rest time, or bedtime. If homesickness persists, negatively impacts a camper's engagement in activities, or begins to impact the program group camp leadership will contact parents/guardians to work out the best plan for the camper and family.

## Check-in and Check-out

Overnight camp check-in is from 2:00-3:30 p.m. on the first day of your camper's session.

### Check-in Process

Families will drive in a loop at camp, stopping at stations along the way for check in.

- Drive into Camp Farnsworth from the main entrance. Before the main gate, a staff member will meet your car to pre-check-in your camper and give you further instructions for parking.
- After parking, continue check in with camp leadership, sign additional waivers as needed for off-site trips, pickup pre-ordered merchandise, and complete a health screening.
  - To find out more about our check-in health screening, please see page 10 in the Health and Safety at Camp section.
- Families who need to turn in medication, complete health forms, or see the Health Supervisor will be directed to the Health Center.
- Families will have the option to drop off money for and visit the trading post (camp store) to see what fun camp items may be useful for camp or to commemorate their camp experience.
- Additionally, families have the option to drop off pre-written mail to avoid delivery charges and ensure that your camper receives it while they are at camp.
- Then head back to your car to drive closer to your camper's assigned unit. You will be able to help bring their luggage to their unit, set up their bed for camp, meet their counselors, ask any additional questions, and say goodbye to your camper.
  - Tip: when saying goodbye to your camper, focus on the fun they will have at camp, or tell them you are looking forward to hearing about all their adventures! This lets them focus on fun ahead, and not on what they may miss at home.

*Note: Please leave family pets at home. Only service dogs are permitted on property.*

### Check-out Process

Overnight camp check-out is from 5:00-5:30 p.m. on the last day of your camper's session. This year families are invited to join us at 5:00 p.m. for a brief end of session ceremony and celebration where campers will sing songs, share about their week, and take down the flag before you pick them up.

Families who are able to join the end of camp celebration should plan to arrive to camp between 4:40-4:55 p.m. Families that would like to pick up their camper after the celebration should plan to arrive to camp between 5:15-5:30 p.m.

- Before reuniting with your camper, the adult picking them up needs to show photo ID to be verified. The adult who comes to camp to take the camper home must be on the approved pick-up list prior to pick up. We understand that plans may change and ask that you provide all possible persons for pickup to be included on the approved pickup list prior to entering camp. If an adult shows up on the day of to receive the camper and is not pre-approved, the camper's parents/guardians will be contacted for verbal permission to

release the camper to the present adult. To add an adult to the approved pick-up list, please list them on your camper's paperwork or email Customer Care at [customercare@girlscoutsgwm.org](mailto:customercare@girlscoutsgwm.org).

After an adult is checked-in, those picking up campers will have the ability to check lost and found, pick up camper medications, and visit the trading post.

- Campers will come out to the main field as a group to participate in the end of week celebration that families are invited to watch, before being released back to their adults' care.
- After picking up your camper, you will be able to take photos of them with their friends before heading back to their unit to pick up their luggage.

## **Health and Safety**

The health and safety of campers and staff is our first priority. Our health care policies meet or exceed standards set by Girl Scouts of the USA's guidelines, state licensing requirements, and American Camp Association (ACA) guidelines. The healthcare supervisory team includes a dedicated health supervisor and an on-call physician for consultation. Our camp staff are trained in first aid, CPR, and other health care certifications as required by their positions.

### **Licensing and Accreditation**

All Girl Scouts of the Green and White Mountains camps follow Girl Scouts of the USA's guidelines and Safety Activity Checkpoints, state requirements, and American Camp Association (ACA) recommendations. Our camps maintain high safety and quality standards for programming, transportation, administration, personnel, and health care. It is our goal to offer fun, exciting, and safe camper-led camp programs in accordance with these guidelines.

### **Accessibility**

Camp takes place outdoors, in all weather, over uneven ground, and inside and outside of buildings and units. In every case, we want campers to be safe and meaningfully participate in all aspects of camp activities. Please note in your camper's paperwork if your camper has any physical, emotional, dietary, or medical needs that might make meaningful participation a challenge. In most cases accommodations can be made to ensure your camper can have a safe and positive camp experience; especially when we know well ahead of camp. If it is determined that we cannot ensure this experience for your camper, your family will be provided a full refund, and we can assist you in locating alternate options.

### **Addressing Concerns**

If you have a concern regarding your camper's experience, please let us know as soon as possible. We strive to make camp a safe and positive place for all campers. To best address your concerns, please call or email the camp director so a meeting can be scheduled. If at any time you feel your concern is not being addressed to your satisfaction, please notify the Director of Girl Experience by phone or email through Customer Care.

### **Check In Health Screening**

A health screening will be conducted during check-in. The health screening consists of a lice check, temperature check, and screening questions.

Campers who have a fever of 100° or higher, or who have experienced illness-related vomiting or diarrhea in the 24 hours before camp, need to be symptom-free for 24 hours to check in at camp.

If your camper has any of these symptoms in the days before camp check in, please contact the camp directly for guidance to avoid being turned away at your check-in.

Campers will have their hair checked for nits and lice. Braids and ponytails (not including protective hairstyles where the scalp is visible for inspection) will need to be taken out. If the presence of nits or lice are identified, the camper and camper's family will be asked to talk with

the camp director or health supervisor. Unfortunately, if evidence of lice or nits are found campers cannot stay at camp until they are 24 hours nit free. Options for campers include at home treatments and returning to camp after being nit free for 24 hours, possible transfer to another program session in another week during the summer (if available) or returning the next summer.

We encourage you to check your camper's head prior to coming to camp to avoid being turned away at check-in.

### **Handwashing, Restrooms and Showers**

Handwashing is one important factor in preventing the sharing of germs. The daily camp schedule allows for time to wash hands and use restrooms before eating, before activities, and whenever needed. Campers may use restrooms as needed; campers will take a buddy from their unit to the restroom. All campers and staff will wash hands or use hand sanitizer in between activities.

Shower times are assigned and typically follow swim time. Shower buildings will be cleaned daily.

At camp, campers are encouraged to care for themselves by getting enough sleep, eating healthfully, drinking plenty of water, and maintaining personal hygiene (showering regularly, wearing clean clothes, applying insect repellent and sunscreen regularly, and checking for ticks). Our staff will model expectations and provide reminders, and we encourage families to set expectations for campers before they arrive at camp. Please coach your camper to tell a staff member if they are hurt, feel ill, need personal care items, or need help with something.

### **Health Center**

Our health center includes beds, shower facilities, and a kitchen to ensure campers are comfortable if they require a brief stay at the infirmary. Please note in your health forms if your camper will need assistance or special reminders to care for themselves at camp. Camper health information is managed through health forms.

Should a camper show signs or symptoms of injury or illness (fever, headache, stomach upset, vomiting) they will be brought to the health center to be assessed and cared for according to our approved standing health orders. For illness that is preventing a camper from participating for more than a couple hours or that is presenting consistently, parent/guardians will be contacted to determine the best care plan. If symptoms are consistent with COVID-19, an at-home test may be used at camp to rule out COVID-19 with prior parent/guardian approval. If COVID-19 positive, or if illness symptoms persist, negatively impacting a camper's experience, the family will be contacted to take their camper home to continue care.

## Medications

If your camper takes medication, families will need to turn in any camper medications to the health supervisor upon check-in, including prescription and non-prescription medicine. These must be in their original containers, unexpired, and fully documented in the camper's health forms. Prescription medications must have the patient's name, the prescription number, date filled, physician's name, medication name, directions for use, and expiration date (unexpired). Please note that per the Nurse Practice Act, a physician's signed order is required for all prescription and non-prescription medications. This form must be obtained through a physician. We cannot administer any medications sent with your camper without the signed note. We recommend that you do not make changes to your camper's medication regimen directly before camp. Please be sure that your physician knows they will be attending camp so we can be made aware of any medication needs.

The image shows a sample prescription form with several fields highlighted by yellow callouts:

- Physician's Name:** DR. C. JONES
- Date Filled:** DATE 06/23/09
- Prescription Number:** NO 0060023-08291
- Patient's Name:** JANE SMITH
- Directions for Use:** TAKE ONE CAPSULE BY MOUTH THREE TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN
- Medication Name:** AMOXICILLIN 500MG CAPSULES
- Expiration date - must be unexpired:** USE BEFORE 06/23/12

Other text on the form includes: Local Pharmacy, 123 MAIN STREET ANYTOWN, USA 11111, (800) 555-5555, 456 MAIN STREET ANYTOWN, US 11111, QTY, MRG, NO REFILLS - DR. AUTHORIZATION REQUIRED, and SLF/SLF.

*Prescription medications must have the patient's name, the prescription number, date filled, physician's name, medication name, directions for use, and*

Additional permission forms signed by you and your camper's physician, must be on file in order for your camper to keep an EpiPen®, inhaler, and/or diabetes supplies in their possession while at camp. Camp staff is notified when campers are permitted to carry medications and will check in with the campers often. We do recommend that a second EpiPen®, inhaler, and/or supplemental diabetes supplies be kept in the Health Care center as a backup to the one your child keeps in their possession.

We have a variety of common over-the-counter ointments and medicines available at camp for the health supervisor to administer to your camper as needed for common ailments such as itchy bug bites, headaches, and sore throats. There is a space on the health form to indicate which medications your camper is allowed to take.

## Medical Bills and Insurance

All families are strongly advised to have health insurance coverage. Any medical care required for illnesses or injuries occurring at camp will be billed through your family health insurance plan. Girl Scouts of the Green and White Mountains' insurance plan provides supplemental coverage for injuries sustained at day camp or injuries or illnesses occurring at overnight camp, with legal guardians responsible for any remaining costs. Campers without health insurance are covered by GSGWM's insurance plan to a maximum of \$10,000, with legal guardians responsible for any remaining costs.

## **Insects and Wildlife**

Insects and ticks are a part of the outdoor experience and can be prevalent across New England and at camp. We recommend that campers bring and use insect repellent every day. Camp staff will remind campers to wear/apply their repellent daily and to reapply throughout the day. There are many different repellents, and it is up to you to determine what is appropriate for your camper. Please make sure your camper knows how to use and apply their repellent prior to coming to camp. Taking additional precautions like wearing long pants and long sleeves, particularly at dusk and nighttime, can help prevent insect stings and bites. There are signs posted throughout camp as reminders to check for ticks. Our staff will also remind campers to do a daily tick check.

Wildlife at camp includes birds, frogs, turtles, fish, deer, rabbits, squirrels, groundhogs, other small mammals and occasionally coyote or bear. Campers get to enjoy seeing many animals from a distance, listening to their calls, drawing them on paper, or taking pictures of them. Staff are trained to keep units cleaned and garbage emptied to avoid attracting wildlife into units or activity areas as well as what to do if wildlife gets too close to a unit or camper group.

## **Weather and Sun**

While it often gets hot during the summer, at overnight camp we live without air conditioning and focus on staying cool other ways including staying hydrated, cooling off with water activities or showers, and taking advantage of mid-day rest time to relax in the hottest part of the day. Cotton clothing helps campers keep cool. Schedules remain flexible to adapt to weather changes so that campers are participating in fun and challenging activities, rain or shine.

We recommend that campers use sunscreen daily and take precautions such as wearing long sleeves or SPF rated clothing and hats with a brim to avoid the sun. Most camp activities take place outside in the sun, although we will avoid direct sun when we can. Please send sunscreen to camp that you have determined is appropriate for your camper and teach them to apply it.

During severe weather, we monitor the weather with the aid of a weather radio that uses alerts from the National Weather Service. Procedures are in place for the safety of campers and staff. Please do not call the camp regarding weather updates. Staff will be busy attending to the safety of the campers, and the phone line must remain open. You will be notified of any emergencies involving the camp or your camper.

## **Emergency Procedures**

Health and safety at camp is our first priority. Campers and staff practice emergency assembly drills every week. Communication between units and main camp is maintained by walk-throughs and walkie-talkies, especially at night. In addition, we have an agreement and working relationship with the local fire/police/rescue departments to provide emergency response as needed.

Camp staff are trained in anticipating and responding to most situations that might arise at camp, including, but not limited to:

- Injuries and illness
- Fire emergencies

- Inclement weather
- Waterfront emergencies
- Boating emergencies
- Stranger(s) on camp property
- Lost camper
- Off-site emergencies
- Vehicle breakdowns
- Wildlife interaction

## **Communicating with Campers at Camp**

Getting letters at camp is one of the greatest joys of the overnight camp experience. Mail is delivered each day at lunchtime during the session.

### **Drop-off Letters and Packages**

If you are interested in your camper receiving mail and want to guarantee it's delivery, you can leave packages and mail with camp staff during camper drop-off. Your letters and packages will be delivered with incoming postage mail throughout the week. This saves you postage and guarantees the mail will arrive on the day you want it to. Please be sure to include your camper's full name, program and the date you would like the mail delivered on the outside of the letter or package.

### **Incoming Postal Mail**

To send mail to your camper use the mailing address on page 3 of this handbook. Don't forget to include their name and session in the delivery section. Pro Tip: Mail will take a few days to deliver, so you'll need to plan ahead a few days when sending by mail. This way it will get to your camper while they're at camp!

### **Outgoing Postal Mail**

Campers are encouraged to send letters and postcards home. If your camper would like to send letters from camp, please send them to camp with pre-addressed stamped postcards or envelopes. Unfortunately, we don't have any extra stamps or envelopes at camp for outgoing mail. Outgoing mail is sent every other day through the camp session.

### **Care Packages**

Care packages can be mailed to campers or left at camper drop-off and will be opened with a counselor's supervision. We ask that you do not send food. Food is not allowed in the cabins due to wildlife and safety concerns. Campers have plenty of access to food at mealtimes and snack times throughout the day. Any food that arrives with campers or is received in packages will be collected for the length of the program and returned at check-out.

### **Email**

In addition to traditional mail, campers can receive email messages. The email service is a one-way communication to campers as campers do not have access to reply. If you would like to include a photo, please send in the body of the message, and not as an attachment to be sure it will print. Emails are printed in black and white at 11:30 a.m. every morning and will be delivered with the physical mail at lunchtime. Emails received after 11:30 a.m. will be distributed the next day. When sending an email, please type the camper's name and program in the subject line (Suzy Camper, Camptastic), and send it to [farnsworthcamper@girlscoutsgwm.org](mailto:farnsworthcamper@girlscoutsgwm.org). This email is for camper emails only.

Tip: To contact the camp office, or for any business or health questions, please use our [farnsworth@girlscoutsgwm.org](mailto:farnsworth@girlscoutsgwm.org) email address.

**Phone Calls**

Campers are not permitted to make or receive phone calls at camp so they can enjoy their time unplugged and independent. Camp staff will contact you if there is a need; otherwise, you can call the camp office to ask us to check on your camper. but please remember camp is a very busy time for all staff involved and often a message will need to be left on the voicemail. Voicemails left will be responded to as soon as possible. We ask that you support your camper's independence and do not send a cell phone or any other digital device with your camper. If we find that a camper has a cell phone or other communication device, we will hold it securely in the camp office and return it to the camper's adult at pick-up.

**Visitors**

We do not allow visitors on camp during our camp session. Parents/guardians should plan to send their camper with everything they need for their time at camp. If the need to drop off an item arises, please contact camp to confirm staff availability to claim the item.

## Activities and Facilities

### General Programming

There is so much to do at Girl Scout camp! At the beginning of the week, campers will choose their activities and plan their week with all of the themed activities of the program they are registered for with the help of their counselors. There are all-camps, campfire nights, all-camp themed activities - every day is new and different! Camper-led, cooperative learning, and learning by doing are all a part of the Girl Scout camp experience.

When preparing for any activity with campers, GSGWM always begins with Girl Scouts of the USA's Safety Activity Checkpoints. For more information and to help your camper prepare for camp activities, download the [GSGWM Safety Activity Checkpoints](https://bit.ly/3POSO90) from our website by visiting <https://bit.ly/3POSO90>. You will find specific information about the checkpoints that are common to all activities as well as those that are age-specific.

### Sample Day at Camp

- 7:00 a.m. Wake up! Time to get dressed and ready for camp.
- 7:45 a.m. Flag ceremony and singing
- 8:00 a.m. Breakfast and WFAR Morning "Radio" announcements
- 9:00 a.m. Specialty program time
- 10:30 a.m. Unit time in program areas: arts & crafts, ecology, woodshop, archery
- 12:00 p.m. Lunch
- 1:00 p.m. Kapers, camper rest time, and mail delivery
- 2:00 p.m. Camper Choice Activity (campers choose individually: games, arts and crafts, paddle board yoga, or other daily special activities)
- 3:00 p.m. Swimming and showers
- 4:30 p.m. Unit time in program areas: nature hike, canoe, climbing tower
- 6:00 p.m. Dinner
- 7:00 p.m. Flag ceremony
- 7:30 p.m. All-camp activity or unit activity time
- 8:30 -9:45 p.m. Unit time/lights out (*Lights out time will vary by unit and age*)

### Camp Kapers

It is campers and staff responsibility to keep camp clean and kapers are one way everyone at camp shares the responsibility within our community. Units take turns completing a daily kaper, which may include setting tables, bringing family styler food to the table, cleaning up dishes, helping to clean bathrooms, sweeping units or program areas, collecting lost and found, or picking up litter around camp. Completing a kaper usually takes no more than 15 minutes when every camper participates.




## **Aquatic Activities**

Camp Farnsworth offers a variety of water activities, including swimming in the pool and lake, canoeing, paddle boarding, kayaking, and water exploration around the lake. For everyone's safety, we use a waterfront buddy tag system whenever campers are participating in waterfront activities. All campers take part in a waterfront safety orientation and swim check on their first or second day at camp. This swim check follows nationally recommended standards and determines the camper's swim bracelet and buddy tag color. Campers wear personal flotation devices (PFDs) for any boating activity and can choose to wear them swimming. Swim level does not limit activities campers can participate in; it ensures they participate in the safest way possible.

### Swimming

Some families prefer to have their campers practice their swimming skills for the swim level assessment before they get to camp. These levels and standards follow the guidelines in the Safety Activity Checkpoints.

- Green - Proficient Swimmer – this swimmer must swim a minimum of 20 yards without stopping using a front crawl (freestyle) while keeping their face in the water and without touching the ground or holding onto the wall. They must also demonstrate comfort in jumping feet first into deep water and tread for 2 minutes while keeping their head above water. Green swimmers have access to all swimming areas.
- 
- Yellow - Intermediate Swimmer – this swimmer can successfully demonstrate the above requirements but is considered a cautious swimmer or a swimmer who is not strong. Yellow swimmers have access to water no deeper than their shoulders without a PFD.
  - Red - Beginner/Non-Swimmer – this swimmer cannot successfully demonstrate the above requirements. Red beginner swimmers only have access to chest deep water without a PFD. Red non-swimmers must wear a PFD at all times. Campers who choose not to partake in the swim test will automatically be considered a Red non-swimmer, but may choose to take the test at any point during free swim.

## **Traveling Off-Site**

Field trips provide campers in grades 4 and older with an opportunity to participate in activities away from the camp property. Campers are transported by van with a trained driver 21 years of age or older. Our van drivers have passed a driving record background check and training specific to the van they drive. At least two adults accompany all trips and are trained in CPR and first aid. All passengers in vans must wear seatbelts.

## **Meals at Camp**

Hanoum Hall is the hub of Camp Farnsworth. Throughout the day, campers sing, socialize, perform skits, and eat a lot of great food at Hanoum Hall! When not at the dining hall, campers plan their meals and cook outdoors at their unit.

Majority of camp meals are served in the dining hall for all campers. Meals sometimes even have fun themes! Campers can expect almost anything from a Shipwreck dinner where they use an assortment of non-cutlery cookware to eat with, to pajama breakfast with their stuffies.

When not dining in Hanoum Hall, units and campers have the option to plan their own cookouts for meals, snacks or dessert. Every unit in camp is guaranteed to plan at least one dinner cookout once a session.

Tip: Don't forget a water bottle! Campers will be expected to carry their own refillable water bottle every day at camp. There will be multiple opportunities a day for campers to refill their water to stay hydrated.

### **Breakfast 8:00 a.m.**

Breakfast is a hot family-style meal with items that change daily. Rotating items are also available at the breakfast bar, and can include cereals, yogurts, fruits, boiled eggs, milk, and juice. Examples of breakfast meals: French toast sticks and sausage / Cheese omelets and hashbrowns / Build your own breakfast burrito with eggs, potatoes, and bacon / Breakfast sandwiches

### **Lunch 12:00 p.m.**

Lunches are served family-style with items that change daily. Lunches often include more hand food like burgers and sandwiches with appropriate sides of fruit and vegetables. Lunch examples: Pulled chicken sandwich with corn on the cob and coleslaw / Hot dogs or brats with pasta salad, watermelon and chips / Loaded nachos with rice / Chicken patty with tater tots and fresh veggies

### **Afternoon Snack**

Campers will have the opportunity to stop by the dining hall in between lunch and dinner to pick up a healthy snack. Snacks may include fruit, granola bars, and popcorn.

### **Dinner 6:00 p.m.**

Dinner is a hot family-style meal with items that change daily. Rotating items are also available at the salad bar, and will include proteins, vegetables, lettuce, fruits, and dressings. Dinner examples: Spaghetti with meatballs, green beans, and garlic bread / Mac and cheese with chicken breasts and roasted broccoli / Build your own stir fry / Mashed potatoes, pot roast, and mixed veggies

### **Cook Outs**

The purpose of a cookout at overnight camp is to develop skills cooking over a fire and dishwashing skills in the outdoors. Campers will plan a weekly cookout to prepare, eat, and

clean up together; they can plan as many additional cookouts as they wish, including desserts and snacks.

### **Living Units**

Camp offers a variety of rustic sleeping quarters that allow campers to be close to nature while still providing some of the comforts of home. Depending on your camper's program/session, they may stay in small or large cabins, treehouses, tentalows, or canvas tents on platforms. When



registering for camp, each program description indicates the type of lodging your camper can expect for their stay. Final unit assignments and details will be shared through the check-in process at camp.

All units include beds and mattresses, storage shelves, and have fire circles for campfires. Camp counselors stay close by in tents or small cabins. All units have nearby bathrooms and access to two central shower houses. Campers may choose to participate in

overnights away from their unit. In this case, campers may sleep in the open, in hammocks, portable tents or other shelters they create.

### **Buddies at Camp**

Most campers come to camp as an individual, but some may choose to camp with a buddy. If your camper wants to be placed with a buddy at camp, they must be registered for the same week and program. Both campers should enter each other's information on their camper paperwork. **We can honor one reciprocal buddy placement if they are registered for the same program and week of camp.** If a group/troop of Girl Scouts come to camp together and they are registered for the same program, we will often pair them up based on buddy requests but cannot guarantee that all troop members will be in the same program group (or sleeping arrangement for overnight camp). We do this to support campers that are already buddies while offering the opportunity to make new friends too. Campers coming with friends or siblings for the same week and a different program will still see each other at mealtimes and all camp activities. They can also sign up for the same camper's choice activities for more time together at camp.

### **Trading Post**

Trading Posts are managed by the GSGWM Mountain Top Shops. Look for more information about Trading Post as we get closer to camp.

### **Lost and Found**

Campers are responsible for all items and belongings they bring to camp. While our counselors help campers learn and practice the skills needed to keep track of their belongings, we ask that anything valuable, cherished or irreplaceable stay at home. Camp and staff are not responsible for any lost or missing items. On pick-up day, please check there with your camper before leaving camp for any items that may be theirs. Any items that are left at the end of each session will be donated or discarded. Unfortunately, due to the high cost of postage we are unable to mail any found items to campers after leaving camp.

## What to Pack for Camp

Plastic bins and duffel bags are good options to pack your camp supplies. Gear will be stored under your bunk with about 10-12 inches of floor clearance. When packing clothing for camp, remember that the weather during Vermont summers can be extremely variable.

Campers will be very active and need comfortable clothes that can get dirty. Spaghetti straps, tube tops, string bikinis, and short shorts are not practical in an active camp environment and should stay at home. Campers may be asked to change out of clothes deemed not practical.

Pro tip: roll together complete sets of clothes (shirt, shorts, underwear, socks) and pack; or pack a set of clothes into a resealable clear plastic bag for each day.

As you start to pack for camp, please remember that some items are prohibited from camp:

- Cell phones
- Radios, MP3 players, iPods, electronics
- Portable video games, tablets/iPads, E-readers
- Other electronics
- Specialized camp equipment such as pocket knives, archery equipment, personal floatation devices (aka Lifejackets). We provide all approved equipment for specialized activities that is checked regularly to meet standards
- Matches, lighters, candles, fireworks
- Tobacco, marijuana, illegal drugs, alcohol or weapons

### Leave these items at home:

- Anything expensive
- Anything irreplaceable
- Personal sports equipment
- Family Pets
- Clothing with disrespectful messages or graphics
- Food/Candy/Energy Drinks

Feel free to use the checklist we provided as a guide or create your own. Pack together with your camper to help them know what is in their luggage and to better repack their items at the end of their camp session. It may help them to write how many of each item they have with them, or a description of their swim towel. Be sure to label all belongings with first and last name.

Camp Farnsworth does not offer a laundry service to our campers. If an emergency need occurs for a camper the health supervisor and counselors can arrange to have bedding or items washed so the camper can continue their activities with everyone else. Please talk with your camper about telling camp staff if an unplanned need arises.



# Overnight Camp Packing List

## Pack in a backpack or small bag for each day at camp:



- Reusable water bottle
- Sunscreen
- Bug spray
- Rain gear
- Any medications or additional camper paperwork for check in on the first day of camp

## Pack in a labeled bag or trash bag:

- Sleeping bag or sets of blankets
- Twin sheet set (to cover mattress for warm nights)
- Small pillow with pillowcase

## Pack in a duffle bag or plastic bin:

- T-shirts: one for each day, plus one extra
- Shorts: one for each day, plus one extra
- Jeans, pants, sweatpants: 1-2 pairs
- Socks: one for each day, plus one extra
- Underwear and bras: one for each day, plus one extra (sports bras recommended)
- Pajamas: 2 sets (one lightweight and one warmer)
- Sweater, sweatshirt, and/or jacket: 1-3
- Bandana, bucket hat, or baseball hat
- Rain suit, raincoat, or poncho (reusable strongly recommended)
- Swimsuit: 1-2
- Towels: 2-3
- Sturdy shoes: 2 pairs (gym shoes, rain boots, or hiking boots)
- Mess kit (unbreakable plate, bowl, cup), utensils, and mesh dunk bag
- Flashlight with extra batteries
- Reusable water bottle

## Personal items:



- Toothbrushes and toothpaste
- Comb/brush and hair accessories (i.e. ponytails)
- Shampoo, conditioner, and soap (in container)
- Deodorant
- Personal sanitary items
- Eye wear supplies (glasses, glasses care, and/or contacts)
- Sunscreen, at least SPF 30
- Bug spray
- Small pouch to carry toiletries



## Optional items:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Mesh or cloth laundry bag to separate dirty clothes | <input type="checkbox"/> Pre-addressed and pre-stamped letters or postcards                    | <input type="checkbox"/> Shower shoes or flip flops                 |
| <input type="checkbox"/> Washcloth   | <input type="checkbox"/> Water shoes or closed toe sandals with heel strap for lake activities | <input type="checkbox"/> Sunglasses                                 |
| <input type="checkbox"/> Inexpensive or disposable camera                    |  | <input type="checkbox"/> Book to read                               |
| <input type="checkbox"/> Paper or notebook with pen/pencil                   |  | <input type="checkbox"/> Stuffed animal                             |
|  |  | <input type="checkbox"/> Mosquito netting (for platform tent units) |